

Intent

At St Kentigern's our Physical Education (PE) delivery enables children to develop the basic fundamental movement skills in to allow for lifelong participation in physical activity or any sport of their interest. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We develop children to be well-rounded individuals who displays the core values of sport (honesty, resilience, teamwork, self-belief) in their everyday life. St Kentigern's staff encourage children to express themselves and develop the talents their God given talents through Physical Education. Most importantly we want children to have an enjoyment of sport and physical activity.

Implementation

- PE at St Kentigern's provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- Pupils participate in two high quality PE lessons each week. Each session children focus on the skills set out in the National Curriculum in order to ensure complete coverage through each of the Key Stages.
- We provide children with a broad range of activities (tennis, tag rugby, judo, archery) which allows all children the opportunity to shine.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- Children in Upper Key stage 2 are provided with a years' worth of swimming teaching at the local pool in order to allow them to meet the NC standard of 25m.
- We use the support of BFC Community Trust in order to work alongside staff and upskill them so they can deliver high-quality PE sessions.
- We engage children in the 'Healthy Heads' programme each year to highlight to them the benefits of leading a healthy active lifestyle.
- Year 4 children engage in the 6 week 'Fit2Go' programme each year. The programme encourages children to live a healthy lifestyle, take part in regular physical activity and to join in with local sports clubs and community programmes which will ultimately improve their overall health and wellbeing.
- Residential
- Coastal town
- Sports camp
- SEN Inclusion using the STEP principles to meet the needs of all learners.

Impact

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE. Physical education at St Kentigern's Physical Education allows children to develop both mentally (through the development of key values and personal skills e.g. courage, self-belief, honesty, resilience, teamwork, friendship) and physically by instilling the basic movement foundations to allow for lifelong participation in sport and physical activity.